



Lenoir City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Lenoir City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Lenoir City School System that includes:

- School Health Advisory Committee
- Healthy School Teams in all schools
- School Health Policies strengthened or approved in areas of physical education/physical activity and mental health.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$187,774.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Health Education Alliance of Loudon (Health Improvement Council) | ➤ Ninth Judicial District Attorney General |
| ➤ Substance Abuse Prevention Coalition | ➤ Lenoir City Police Dept. |
| ➤ Teen Pregnancy Prevention Coalition | ➤ Lions Club |
| ➤ United Way of Loudon County | ➤ Loudon Police Dept. |
| ➤ Hope Resource Center | ➤ Loudon Sheriff's Dept. |
| ➤ UT Extension | ➤ EarthFare |
| ➤ Head Start | ➤ Child Advocacy Center |
| ➤ Salsaritas Restaurant | ➤ Well Child |
| ➤ Interagency (33 agencies represented) | ➤ Lenoir City High School Health Occupation students |
| ➤ Loudon County Health Department (Health Educator, Immunizations, Tenndercare, dental clinic, TennCare, Volunteer State Health Plan, Coverkids) | ➤ Monroe County Teen Pregnancy |
| ➤ Loudon County CSH | ➤ Loudon County Family Resource Center |
| ➤ Loudon County Education Foundation | ➤ Lenoir City Family Resource Center |
| | ➤ Safe Haven: Crisis and Recovery Center for Sexual Assault |
| | ➤ TVA |
| | ➤ Helpline |
| | ➤ Loudon Parks and Recreation Department |
| | ➤ Loudon Volunteer Police |
| | ➤ National Guard |
| | ➤ Review Committee |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as healthy snack tasting at the elementary school, parent nutrition surveys at the elementary and middle school, Project Grad at the high school, health screening results, WellChild physicals, Petals and Pearls Mother Daughter Tea, and dental sealants. Currently, 800 parents are collaborating with CSH.

Students have been engaged in CSH activities such as Child Health Week, Fresh Fruit taste testing, health screenings, Positive Peer Pressure Clubs (middle and high school), and Healthy School Teams. Approximately 250 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Lenoir City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – Screened: 2,699
Referred: 500;

Students have been seen by a school nurse and returned to class – Seen: 11,944
Returned: 10,631;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. BMI data gathered over the past four years show that approximately 48% of our students are either overweight or obese. The good news is that over time, our rates have been dropping. The latest data reveal that K-8 students dropped from 50% overweight to 47% overweight;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include Michigan Model health curriculum and support materials for the elementary school as well as physical education equipment for all three schools as well as support materials for our Positive Peer Pressure Clubs at the high school and middle school;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include suicide prevention training, Safe Dates training, Michigan Model training, Take 10! physical activity training, Brain Gym training, School Nurse Summer Conference, and CPR training;

School faculty and staff have received support for their own well-being through wellness fairs, lunch and learn activities, and staff wellness programs, including “biggest loser competitions.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model at the elementary school, TNCEP at the elementary school;

- Physical Education/Physical Activity Interventions – Take 10! physical activity in the classroom for the elementary school;
- Nutrition Interventions – student and parent healthy snack taste testing (elementary and middle school), Go, Slow, Whoa at elementary school, and vegetable garden at elementary school;
- Mental Health/Behavioral Health Interventions – positive behavior support, RTI (Response to Intervention), Safe Dates, suicide prevention, STARS (Students Taking a Right Stand), and positive peer pressure.

In such a short time, CSH in the Lenoir City School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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